

## OSITO AST-303

# OSITO Wireless Electrode Replacement Pads Instruction Manual

Model: AST-303 Compatible Pads

Brand: OSITO

## 1. INTRODUCTION AND OVERVIEW

Thank you for choosing OSITO Wireless Electrode Replacement Pads. These pads are designed specifically for use with the OSITO AST-303 Wireless TENS Unit, providing effective muscle stimulation for abdominal toning, muscle strengthening, and firming of various body parts. These replacement pads ensure continued performance and comfort for your muscle stimulator.

The electrode pads feature a high-quality, reusable carbon adhesive that is gentle on the skin. They come pre-coated with gel, allowing for immediate use without the need for additional conductive gel.

## 2. SAFETY INFORMATION

Please read all safety warnings and instructions carefully before using the electrode pads. Improper use can lead to injury or damage to the device.

- Do not apply pads to broken, irritated, or sensitive skin.
- Avoid placing pads directly over bones, joints, or the heart area.
- Consult a healthcare professional before use if you have any medical conditions, including but not limited to, heart conditions, epilepsy, or if you are pregnant.
- Keep out of reach of children and pets.
- Do not use while sleeping, driving, or operating machinery.
- If you experience any discomfort, irritation, or adverse reactions, discontinue use immediately and consult a healthcare professional.
- Inspect pads for any exposed wiring or metal components before each use. Do not use if damaged.

## 3. PACKAGE CONTENTS

Your package contains the following items:

- 2 x OSITO Wireless Electrode Replacement Pads



Image: Packaging of OSITO Wireless Electrode Replacement Pads, showing two pads and their box.

## 4. SETUP

1. **Prepare the Skin:** Before each use, ensure the skin area where the pads will be applied is clean, dry, and free of oils, lotions, or hair. This maximizes adhesion and conductivity.
2. **Attach to Main Unit:** Carefully remove the electrode pad from its protective film. Align the two metal snaps on the pad with the corresponding snaps on your OSITO AST-303 Wireless TENS Unit. Press firmly to ensure a secure connection.



Image: An OSITO electrode pad with the wireless TENS unit module attached, showing the ON/OFF button and indicator light.

## 5. OPERATING INSTRUCTIONS

These electrode pads are accessories for the OSITO AST-303 Wireless TENS Unit. For detailed operating instructions on how to use the TENS unit itself, including power on/off, mode selection, and intensity adjustment, please refer to the instruction manual provided with your OSITO AST-303 Wireless TENS Unit.

1. **Apply Pads:** Once the electrode pad is securely attached to the TENS unit, carefully place the pad onto the desired muscle area on your body. Ensure the entire adhesive surface makes contact with the skin.
2. **Recommended Application Areas:** The TENS unit massage patches are versatile and can be used on various parts of the body, including knees, calves, thighs, arms, neck, shoulders, waist, and back.



Image: A diagram illustrating various common application points for the electrode pads on the human body, including neck, shoulder, back, waist, knee, calf, thigh, arm, wrist, and foot.

## 6. MAINTENANCE AND STORAGE

Proper maintenance and storage will extend the lifespan of your electrode pads.

- **Cleaning:** After each use, gently wipe the adhesive side of the pads with a damp cloth (water only). Do not use soap, alcohol, or abrasive cleaners, as these can damage the adhesive.
- **Storage:** After cleaning, place the electrode pads back onto their original storage paper tray or a clean, smooth plastic sheet. Store them in a cool, dry place, away from direct sunlight and extreme temperatures. The individually sealed pouch provided is ideal for easy storage and maintaining pad integrity.
- **Reusability:** These pads are designed for multiple uses. The number of uses will vary depending on skin preparation, storage, and environmental factors. Replace pads when they lose their adhesive quality or when stimulation becomes uneven.

## 7. TROUBLESHOOTING

If you encounter issues with your electrode pads, consider the following:

- **Poor Adhesion:** Ensure your skin is clean and dry before application. Oils, lotions, or sweat can reduce adhesion. If the pads are old or have been used many times, their adhesive quality may diminish, requiring replacement.
- **Weak or Uneven Sensation:** This can indicate poor contact between the pad and the skin, or between the pad and the TENS unit. Check that the pads are firmly pressed onto the skin and that the snaps are securely connected to the unit. If the pads are worn out, they may not conduct

electricity effectively and should be replaced.

- **Discomfort or Stinging:** Immediately stop use. Ensure the pads are fully adhered to the skin and not partially lifted. Check for any exposed metal components on the pad; if found, discontinue use and replace the pad. Ensure the intensity level of the TENS unit is appropriate for your comfort.

8. SPECIFICATIONS

Feature	Specification
Product Name	OSITO Wireless Electrode Replacement Pads
Compatibility	OSITO AST-303 Wireless TENS Unit
Quantity	2 Pieces per pack
Material	Reusable Carbon Adhesive
Dimensions (approx. per pad)	120mm (length) x 90mm (width)



Image: A single OSITO electrode pad with indicated dimensions of 120mm in length and 90mm in width.

9. WARRANTY AND SUPPORT

For warranty information and customer support regarding your OSITO Wireless Electrode Replacement Pads or the AST-303 TENS Unit, please refer to the warranty card included with your original product purchase or visit the official OSITO website. You may also contact the seller directly for assistance.

Please retain your purchase receipt as proof of purchase for any warranty claims.